



GEORGIA OSTEOPATHIC
MEDICAL ASSOCIATION
— 1902 —

Your monthly GOMA news & update

Welcome to GOMA's monthly newsletter where you can stay up-to-date on the latest osteopathic news and happenings in the GOMA community.

In the Know...

Laura Makaroff, DO Discusses February Being 'Cancer Prevention Month'

Laura Makaroff, DO is a senior vice president of Prevention and Early Detection for the American Cancer Society. We thought since February is Cancer Prevention Month that it would be a good time to introduce her to GOMA. Dr. Makaroff graduated from the Des Moines University College of Osteopathic Medicine in 2003. She went on to do a Family Medicine residency at the University of Colorado and completed that in 2006.

Dr. Makaroff writes that, "My clinical practice life has included solo practice, FQHCs, and an integrated health plan/health care model. My current clinical practice is a very small, part-time membership model outpatient-only primary care model." And when discussing her work for the American Cancer Society, she writes, "I started with the ACS in 2017 in cancer control and prevention. My current role at ACS is Senior Vice President, Prevention & Early Detection. In this role, I lead initiatives to improve cancer prevention and early detection through implementation of evidence-based strategies with community and health system partners across the nation."

We asked Dr. Laura Makaroff some questions about the topic of cancer prevention and early detection. Her responses are noted with **LM**:

There are so many "cancer months". How does February as Cancer Prevention Month differ?

LM: I'm not really sure, but I think that Cancer Prevention Month gives us an opportunity to think about cancer prevention as a whole and not just by cancer type including opportunities for primary prevention through reducing obesity, increasing physical activity, improving healthy eating, reducing tobacco use, and reducing the misuse of alcohol.

Since HPV vaccinations in Georgia seem to lag behind the rest of the nation, what updated information about HPV vaccinations should docs know? Is it a fair way to

promote HPV vaccine as a "cancer prevention vaccine"?

LM: Yes, absolutely on HPV vaccine as cancer prevention. HPV vaccination works. Infections with the HPV types that cause the most cancers and genital warts have dropped 71% among teen girls since children began being vaccinated. Docs in GA have the opportunity to reduce the burden of HPV-related cancers in their community through increasing HPV vaccination. The biggest predictor of HPV vaccination uptake is an effective recommendation from a clinician. For more information and resources for use in your practices, visit the [HPV Roundtable](#).

What is the current information about low dose CTs of Chest as a tool to detect lung cancer at an early stage?

LM: Great info on lung cancer screening is available [here](#).

What is the current information about colonoscopies as a tool to detect colon cancer at an early stage? Is it fair to promote colonoscopies as a way to prevent colon cancer? Colon and rectal cancer screening guidelines are [here](#).

Importantly, there are options when it comes to colorectal cancer screening including:

1. Stool-based tests including fecal immunochemical tests (FIT) and multi-target stool DNA tests (mt-sDNA)
2. Visual (structural) exams of the colon and rectum including colonoscopy.

What is the current information about mammograms as a tool to detect breast cancer at an early stage?

LM: Breast cancer screening guidelines are [here](#).

While PSAs have been downplayed as a screening tool for prostate cancer, doesn't the fact that prostate cancer's low chance of causing death make the guidelines a little unfair?

LM: Prostate cancer screening recommendations and rationale are [here](#).

Pap smears were such a powerful way to reduce cervical cancer, and now it seems that guidelines are reducing their frequency. Please explain?

LM: Recently updated cervical cancer screening guidelines are [here](#).

Cervical cancer was once one of the most common causes of cancer death for American women. The cervical cancer death rate dropped significantly with the increased use of the Pap test for screening. But the death rate has not changed much over the last 10 years. In recent years, the HPV test has been approved as another screening test for cervical cancer. The HPV test looks for infection by high-risk types of HPV that are more likely to cause pre-cancers and cancers of the cervix. The HPV test can be used alone (primary HPV test) or at the same time as the Pap test (called a co-test).

Pancreatic cancer seems to be becoming more common. Is there any reason for this?

Is there any way to reduce the risk of pancreatic cancer?

LM: Here is some [information](#) about pancreatic cancer and people who may be at increased risk:

While many doctors know the "good living" methods of reducing cancer risk, please remind everyone of the strategy for success.

LM: Here are our guidelines on nutrition and physical activity for cancer prevention:

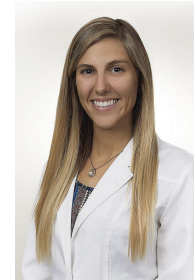
- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Follow a healthy eating pattern at all ages.
- Avoid or limit alcohol.

More info [here](#).

Thank you Dr. Makaroff!

Dr. Batchelor Discusses Cervical Cancer Screening

Kayla Batchelor, DO is a third year family medicine resident at Colquitt Regional Medical Center who graduated from Alabama College of Osteopathic Medicine in Dothan, Alabama. She wrote an [article](#) for the Moultrie Observer regarding the August 2020 updated guidelines on cervical cancer screening.



COVID-19 Vaccinations: The Challenge & the Reality

Covid vaccinations have become the most sought after preventative health measures. The supply and distribution of covid vaccinations are discussed in the press as well as between friends. This [Google document](#) gives a map with all the different locations in Georgia that people can get the Covid-19 vaccine.

Georgia is an average state in its efforts to get Georgians vaccinated. At the time this newsletter went to "press", over 16 million people in the USA have received one or both doses of the vaccine while almost 40 million doses have been distributed. Georgia administered its first vaccines to healthcare workers including those working in long-term care facilities. It has expanded to offering vaccines to its law enforcement, first responders and other essential workers including correctional facility staff, educators, energy employees, grocery workers, transportation employees and food processing workers. Adults 65 and older have also been included in this group. Georgia has administered at least 533,500 first doses covering 14% of the prioritized population and 5% of the state's population. Georgia has been allocated 951,000 first doses, enough to vaccinate 25% of the prioritized population ... and 9% of the state's population. The Washington Post is monitoring the progress of [each state](#).

At the beginning of this year, the state of Georgia established a source to answer

Covid vaccine questions for patients. It can be reached at Dph.georgia.gov/covid-vaccine or by calling the hotline at 1-888-357-0169.

AOA Statement Regarding Vaccine Misinformation and Hoaxes



While there are suspicions by some Americans that the mRNA technology behind Pfizer and Moderna's COVID-19 vaccines, the American Osteopathic Association states firmly, "Widespread adoption of COVID-19 vaccines will help this country emerge from this pandemic and public health crisis." GOMA wants to highlight the full endorsement that the AOA shared on its [website](#).

Andrea Mann, DO Selected to Lead PCOM Georgia's DO Program



In the middle of January, PCOM Georgia announced that Andrea Pax Mann, DO, FAAP will become the dean and chief academic officer of the Doctor of Osteopathic Medicine (DO) Program starting in the spring. Dr. Mann is well qualified for this position, having most recently served as the assistant dean for clinical education, chair of pediatrics, and associate professor of pediatrics and internal medicine at the Jerry M. Wallace, Campbell University School of Osteopathic Medicine, Buies Creek, North Carolina. She has 20 years of experience in academic medicine with close to five years at the dean's level with a record of accomplishment as a leader, administrator, educator, innovator, mentor and advisor. Read all about this exciting new addition to Georgia's osteopathic community at the [this link](#).

At your Convenience

GOMA 2020 Annual Fall CME Meeting: Lectures Online!

DO-CME is collaborative effort by state osteopathic societies to provide the highest quality online CME for the needs of osteopathic physicians. This catalog of over 600 educational opportunities was put together by the Association of Osteopathic State Executive

Directors (AOSED). AOSED has done a lot of great things over its hundred year of being in existence, but this web site is a terrific one stop shop for online continuing medical education. GOMA is excited that DO-CME has selected 11 of GOMA's 14 fall conference lectures to offer to doctors around the country. You can "attend" one or all by [clicking here](#).



Advocacy Matters

DO Day on Capitol Hill



American Osteopathic Association

The American Osteopathic Association's 2021 DO Day on Capitol Hill will be held virtually on Sunday March 7 and Monday March 8. It is a redesigned DO Day due to the COVID-19 pandemic. It will provide professional development and advocacy opportunities for physician leaders and medical students. In its virtual format, Sunday will revolve around leadership training and professional development, and Monday will be centered on advocacy as well as meetings with congress members (arranged by the AOA). Due to the planning needed to make the meetings a reality, the deadline for signing up is February 10th. Physicians can earn up to 5.5 AOA Category 1-A CME credit for the program. The cost is \$149 for physician members and \$499 for non-members. Students and Residents are able to participate at a cost \$35. Read more details [here](#).

In Georgia...

The Annual Physician's Day at the GA State Capitol organized by the Patient-Centered Coalition of Georgia is taking a different format this year. Rather than in-person visits, 3 webinar events have been organized.

If you were unable to attend the **"How to Lobby in a Virtual World"** (Session I) webinar on January 28, please click [here](#) to view it in its entirety.

Please consider joining us for our next two sessions via Zoom from 1:00-2:00 PM on:

February 10 - **Legislative Update from the General Assembly: A House Perspective.**

February 25 - **Legislative Update from the General Assembly: A Senate Perspective**

Click here to [REGISTER](#) for either or both webinars.

Legislative Webinar Series

VIRTUAL

Hosted by Patient-Centered Coalition of Georgia:

Georgia OBGyn Society

Georgia Academy of Family Physicians

Georgia Osteopathic Medical Association

Georgia Chapter - American College of Physicians

Georgia Chapter - American Academy of Pediatrics

These webinars are free to our members and are open to residents and medical students
We will be joined via Zoom with our MD and DO colleagues in family medicine, internal medicine, pediatrics, obstetrics, and gynecology
Three Sessions Available (all are unique - choose one or all)

SESSION I

"How to Lobby in a Virtual World"

Webinar via Zoom ■ Thursday, January 28, 2021 ■ 6:30 pm - 7:30 pm ■

*Register by 01.26.21**

Facilitated by Brian Robinson of Robinson Republic

Learn how the state government and legislature impacts your practice and physicians in Georgia.

In this webinar, you will learn how to develop an effective strategy to communicate with your legislators, now via virtual, and in the future.



Brian Robinson

Brian Robinson owns Robinson Republic, a communications consulting firm specializing in public affairs messaging. Prior to opening his own business, Robinson worked for Gov. Nathan Deal, Rep. Phil Gingrey and Rep. Lynn Westmoreland. He began his career as a journalist at The AJC after graduating from UGA/Grady College of Journalism and Mass communication. He is a regular political commentator in metro Atlanta's media outlets and national cable news channels, including weekly appearances on WABE's Political Breakfast and Fox 5's Road to November.

Follow Robinson on Twitter: @LordTinsdale

SESSION II

"Legislative Update from the General Assembly: A House Perspective"

Webinar via Zoom ■ Wednesday, February 10, 2021 ■ 1:00 pm - 2:00 pm

*Register by 02.08.21**



Using the tools you learned during the January 28th virtual advocating training (Session I), come hear members of the Georgia House of Representatives speak about the latest news from the capitol and hear the latest on a variety of health care related topics.

SESSION III

"Legislative Update from the General Assembly: A Senate Perspective"

Webinar via Zoom ■ Thursday, February 25, 2021 ■ 1:00 pm - 2:00 pm

*Register by 02.23.21**

Using the tools you learned during the January 28th virtual advocating training (Session I), come hear members of the Georgia Senate speak about the latest news from the capitol and hear the latest on a variety of health care related topics.



* **REGISTRATION**

closes 2 days before
each Session date

All
Sessions
are Free of
Charge to
our Members

QUESTIONS:

Contact Nicole Reaves
Georgia OBGyn Society
770.904.5298 / nreaves@gaobgyn.org

Support GOMA!

Helping your professional society,



GEORGIA OSTEOPATHIC
MEDICAL ASSOCIATION
1902

*and the osteopathic community weather these
uncertain times.*

CLICK HERE to: Renew or Join GOMA!

DO'ing for Others...

With many college and high school pre-med students across the state, GOMA is seeking practicing osteopathic physicians across all specialties and regions of the state for mentoring opportunities. These opportunities can be as limited as a student-physician phone call or as involved as shadowing and longitudinal mentorship. GOMA is not looking for particular levels of commitment, simply a list of physicians who would be willing to help students. Please email Executive Director, [Valerie Okrend](#) indicating your interest including your preferred level of mentoring for students.

Your information will not be explicitly listed on the website for privacy, rather, GOMA will facilitate the start of communication between physician and student. The objective is for GOMA to reach out to students to learn about osteopathic medicine and provide networking opportunities."

Physician Support Line
Free Confidential Peer Support Line by
Volunteer Psychiatrists for US Physician Colleagues
during the COVID19 Pandemic

1-888-409-0141
NOW LIVE

7 days a week
8am - 12am EST

www.physiciansupportline.com

Mona Masood, DO is a general adult psychiatrist in the greater Philadelphia area is the founder and chief organizer of the Physician Support Line. , a free confidential peer support line by volunteer psychiatrists was started. It is supported 8 AM to Midnight seven days a week.

Visit our website